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## **Destination Iceland**

**Grim Reapers defend  
NATO Air North,  
NAS Keflavik**

**At the movies**  
**Lakenheath  
Theater reopens**

## **Paper or plastic?**

**Commissary feeds military families**





JET 48 Vol. 30 No. 12  
Friday, March 28, 2003

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## AT A GLANCE

### 4 COMMANDER'S FORUM

- ❖ Secretary of Defense talks to the troops

### 7-10 NEWS

- ❖ 493rd Fighter Squadron deploys F-15Cs
- ❖ Base housing used for TDY active-duty, Reserve members
- ❖ Lakenheath Theater reopens after a year renovation



### 13 AROUND THE AIR FORCE

- ❖ RAF Lakenheath airmen maintain airbridge in Romania
- ❖ Members need to know facts before dependents travel to States

### 14-15 COVER STORY

- ❖ Commissary keeps base fed

### 16 SPORTS&FITNESS

- ❖ Don't forget your resolutions!  
Follow these tips for change

### 19 PERSPECTIVES

- ❖ Not all it's cracked up to be ...  
Technology replaces brain power

### 21 DISCOVER BRITAIN

- ❖ Why does Britain have a  
different Mother's Day?

### 25-26 COMMUNITY

- ❖ Air Force Assistance Fund – still time to participate
- ❖ What's playing? Check out the movie schedules



Photo by Senior Airman Lynne Neveu  
Tasha Manier, wife of Tech. Sgt. Charles Manier, 48th Medical Support Squadron, takes an afternoon walk with her 5-month old son, Charles.

#### FLYING HOUR PROGRAM STATUS



*In an effort to keep Team Liberty updated on the wing's progress in the Flying Hour Program, this info-graphic appears in the last Jet 48 every month. For the 48th Fighter Wing, the status of the FHP is a major factor in determining whether or not Team Liberty can take a day off for reaching a goal.*

*Monday is not a goal day due to real-world events, not a result of the flying hour program.*

#### ON THE COVER

Kathy Beers, RAF Lakenheath Commissary employee, stocks the produce section of the store. Photo by Maj. Francisco G. Hamm.  
For story, see Pages 14 to 15.

# Rumsfeld: war essential for world peace

BY DONALD H. RUMSFELD

SECRETARY OF DEFENSE

WASHINGTON, D.C. (USAFENS) — On Monday night, President George W. Bush, our Commander in Chief delivered an ultimatum to Saddam Hussein: to leave Iraq within 48 hours. Refusal to do so will result in military conflict. In rejecting the president's ultimatum, the Iraqi regime has chosen war over peaceful disarmament. Saddam Hussein's regime will be now removed from power — and the Iraqi people will be liberated.

You are the men and women who will deliver on the president's pledge. As you and coalition forces fulfill the mission you've been assigned, know that you will carry the thoughts and prayers of the American people with you into battle.

We fully recognize that lives are at stake — American, coalition and Iraqi; military and civilian. War is a last resort, to be undertaken only after every other alternative has been tried.

For 12 years, the international community sought to disarm Iraq peacefully. We have tried economic sanctions, inspections and diplomacy — all have failed. The Iraqi regime repeatedly refused to disarm.

As the president said, the Iraqi regime is a grave and gathering danger. With each passing day, Saddam Hussein advances his

arsenal of weapons of mass destruction and could pass them along to terrorists. If he is allowed to do so, the result could be the deaths not of 3,000 people, as on Sept. 11, but 30,000 or 300,000 or more innocent people.

Our responsibility — your mission — is to prevent that from happening and eliminate the Iraqi regime as a threat.

You are the best trained, strongest and most capable military in the world. We have full confidence in your ability, your courage and your dedication to our country.

As you embark on this mission, know that you are not alone. Our coalition includes dozens of countries that are helping in a variety of different ways. You will fight alongside the forces of such stalwart friends as Australia, Great Britain and many others.

You may face great challenges and dangers. Wars have their surprises.

The most difficult step a president can make is the decision to send the armed forces of our nation into battle.

When I returned to the Pentagon after serving here a quarter century ago, I wrote a series of guidelines to help guide my thinking regarding the use of force. They included these questions:

Is there a good reason to go to war?

Have we engaged all instruments of national power in search of a peaceful

solution?

Is the objective achievable?

Have we set forth clear goals?

Does the objective merit risking American lives?

Have we made available all the resources and military capabilities needed to achieve victory?

Have we invested the effort and political capital to explain the need for action and to marshal and sustain public support?

Have we been honest — with ourselves and with the world — about the risks of action, but also about the less obvious risks of inaction?

The president has made the case for Iraq clear. He has set forth what is at stake, and invested the diplomatic and political effort needed to exhaust all options short of war. We are at the point at which the risk of not acting is too great to wait longer. The answers are clear. It is essential to world peace and our security that we act against the regime of Saddam Hussein.

As you prepare, know that this war is necessary, it is just, and that you have the resources and commitment you need to achieve victory. You have the strong support of your Commander in Chief, of the Congress and of the American people.

I thank you for all you do for our country. May God bless you, and keep you, and guide you in the days ahead.

## YOUR LINK TO THE COMMANDER

The Action Line is your direct link to me for complaints, suggestions or comments. It's not intended to replace the chain of command. When normal command channels haven't been able to resolve your concerns, call 7-2324, fax 7-5637, e-mail ([Action.Line@laken-heath.af.mil](mailto:Action.Line@laken-heath.af.mil)), send through distribution (48 FW/PA), mail (48FW/PA, Unit 5210 Box 215 APO AE 09461-0215), or hand carry your Action Line to the public affairs office (Building 1085). You may remain anonymous; however, to receive a reply, please leave your name, unit, duty or home phone number, and full APO mailing address. Names are confidential.

  
48th Fighter Wing commander

### Follow shot guidelines

While at the Galaxy Club, I saw an airman with just a vest top on and the smallpox shot exposed. I am aware of the information regarding smallpox vaccinations and that it has to be kept covered at all times. Seeing this, I was very concerned, as other people need to be considered. Are these young airmen being given enough education and being told strongly enough that they have to keep these shots covered at all times?

## There are a lot of people that they could infect.

All individuals receiving the small pox vaccination are instructed in proper care of the site. We provide verbal instruction prior to the vaccination to every individual. Additionally every individual receives a copy of the Department of Defense tri-fold pamphlet on how to care for the site. We instruct every individual to keep the site covered with a sleeve when in public or when there is a risk of physical contact. Additionally, we instruct the individual to keep a bandage over the site if there is any discharge from the site. We even provide the bandages at the time of the vaccination. Finally, we instruct the individual in how to clean the site, in the importance of frequent hand washing, and in the requirement to self launder one's towels and clothes.

If you identify an individual who is not complying with these instructions, we would appreciate your referring the individual to the 48th Medical Group so that we might reiterate the requirements for self maintenance of the vaccination site.

## Secretary, CSAF address Operation Iraqi Freedom

WASHINGTON (AFPN) — *The following is a joint message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper:*

"As our nation calls upon its armed forces to meet this next challenge in the war on terrorism, the men and women of the U.S. Air Force will play a pivotal role in striking our enemies, defending our coalition forces, and protecting our allies. As you have always done, you will perform your duties with honor, and with the knowledge that our nation's security depends upon the excellence and professionalism of every airman in our Air Force.

"Ours is the greatest joint warfighting force ever assembled, and our nation is blessed to have over 700,000 active, Guard, Reserve, and civilian airmen taking the battle to the enemy and securing our homeland. You, the brave warriors who voluntarily risk your lives to protect our values and way of life, are the reason we will prevail in this fight. The American people have the utmost confidence and trust in you, they support you, and are proud of your dedication. We couldn't be more proud of your service, and are both honored and humbled to lead this force.

"In this time of conflict and great sacrifice, the admiration, thoughts, and prayers of our entire nation are with you and your families. Do your duty to the best of your ability and we will secure victory, for the sake of our nation and freedom-loving people around the globe."



# 493rd FS defends Iceland, NATO Air North

BY TECH SGT. DEAN J. MILLER

48TH FIGHTER WING PUBLIC AFFAIRS

Airmen and F-15Cs from the 493rd Fighter Squadron completed the third full week of a short-notice air and space expeditionary deployment to Iceland.

The squadron deployed March 5 to Naval Air Station Keflavik, postured on strip-alert to quickly launch and intercept hostile or unknown air contacts in defense of NATO Air



Photo by Navy Petty Officer 2nd Travis D. Eisele  
Airman 1st class Joshua A. Briggs, 48th Aircraft Maintenance Squadron assistant dedicated crew chief with the 493rd Fighter Squadron, inspects the landing gear of an F-15C. The Grim Reapers deployed to Iceland March 5.

North and Iceland.

Squadrons of U.S. Air Force and U.S. Navy aircraft have defended Iceland and NATO Air North from NAS Keflavik since the two countries signed a defense agreement in 1951. The current mission was tasked to RAF Lakenheath after another Air Force squadron on the assignment was reassigned to support the war on terrorism. Notification of the mission arrived Feb. 21, providing only five days notice to members of the advance team and 12 days advance notice to the main group. Typically, a squadron would have several months notice for such a deployment according to unit members.

The deployment is going well, according to Capt. Connor Blackwood, 493rd FS detachment commander.

"Our mission here is to respond to unknown air contacts headed into Icelandic and NATO airspace, while the U.S. Navy, also at Keflavik, completes a similar mission with regard to vessels under or on the sea," said Blackwood.

Key members of the 493rd FS are on alert for 24-hour periods and carry pagers. When paged, they scramble to the aircraft and launch to investigate an air contact.

The alert mission is most familiar to Cold War veterans, but somewhat new to the Internet generation. It is an awesome responsibility, according to Blackwood.

"We have all been briefed on the mission and what we're expected to do if we get scrambled," said Blackwood. "It's a significant mission. It's a combination of military need and political presence. The president of the United States, the secretary of defense and NATO want us here, so I would say it's very important."

The support of a dedicated KC-135 aerial refueling tanker enables extended mission coverage and training. The tanker is deployed

from the Illinois Air National Guard's 126th Air Refueling Wing, 108th Air Refueling Squadron from Scott AFB, Ill.

"The tanker allows us to increase the length of our missions," said Blackwood. "Additionally, it is allowing us to complete regular continuity training requirements as we complete the mission."

Blackwood outlined his goals for the unit while deployed, which includes executing the alert mission, securing maximum training for pilots and maintainers, ensuring his people use the morale facilities available in their off-duty time and returning to RAF Lakenheath with good lessons learned.

On arrival, maintenance and operations airmen integrated into the 85th Operations Group, a Keflavik unit long-experienced at welcoming deployed airmen.

Master Sgt. John Woelfel, 48th Aircraft Maintenance Squadron detachment maintenance superintendent, arrived a week prior to the main detachment with an advance team. His team ensured a smooth arrival of the main detachment and researched how spare parts would be received – always a concern when deployed.

"We also helped the unit we replaced get their last jets out of here," said Woelfel. "There are just over 50 maintainers here, so we have a fairly robust team. We're able to run two shifts, and I expect to help out a lot of our folks who are in upgrade training."

"The alert mission is a good mission for our younger airmen; this isn't a mission we perform at too many locations around the world," said Woelfel. "It's an opportunity to see how important maintenance can be to a mission, and my entire maintenance team is ready to honor the U.S. defense commitment here."



Courtesy photo

## Job well done!

U.S. Army Gen. Thomas Franks, U.S. Central Command commander, presents Tech. Sgt. Sammie Myers, 48th Logistics Readiness Squadron, with the Joint Service Achievement Medal March 19. Myers was presented the medal for installing more than seven miles of fuel hose lines that eliminated the need to manually transfer fuel via a refueler truck. He is currently deployed to Prince Sultan Air Base, Saudi Arabia.

# Renovated Lakenheath Theater reopens

## *\$1.1 million project raises standard for military theaters*

BY SENIOR AIRMAN JEFF HAMM

48TH FIGHTER WING PUBLIC AFFAIRS

After nearly a year of waiting, people living on RAF Lakenheath can now enjoy a night out at the movies without leaving the base.

The newly renovated Lakenheath Theater opened Thursday afternoon with a ribbon-cutting ceremony. Its first feature presentation, "The Wild Thornberrys," roared to life on the big screen following the ceremony.

Theater manager Kathy Kuhlman said the refurbished theater includes an expanded lobby, new seating, carpets, curtains, screen, restrooms, lighting and electrical systems and an upgraded sound system.

The theater, which seats 232 people, is wheelchair accessible and all restrooms are equipped with baby-changing stations, she said.

"We're excited to reopen," said Kuhlman. "We know movies have been missed here."

According to Clayton Shults, Army and Air Force Exchange Service United Kingdom food business manager, the \$1.1 million project has been under way since the theater closed in April 2002.

The theater has been in existence since 1960, he said, and has been partially upgraded several times over the years, but

this is its first total renovation.

"The whole theater is basically brand new, other than the shell," he said.

The Lakenheath Theater now sets the standard for other theaters in Europe, Shults said, from the state-of-the-art Reel Time snack bar to its marquee and advertising capabilities.

He emphasized the success of the renovation is the result of cooperation between AAFES, contractors and the 48th Civil Engineer Squadron.

Kuhlman said the theater reopening is a

significant event for the RAF Lakenheath community.

"You can ask the people that have been without it for the last year," she said. "It's a big morale booster, especially for the teenagers and the kids. They really look forward to seeing movies."

Kuhlman said the value the theater provides to military members is unmatched in the local community. Ticket prices are \$3.50 for adults and \$1.75 for children. Concessions are also significantly cheaper than on the economy or at a stateside theater.

"I'm a mother myself, and I don't want to drive over there to (RAF Mildenhall) twice," Kuhlman said. "With movies starting here at 6:30 p.m., it's a lot easier for kids to go to the movies and get home at a decent hour."

First-run movies will be shown at the theater. While many of the same movies will be shown, the schedule will not be the same as the theater at RAF Mildenhall, she said.

The theater reopening may only be the first of several special events hosted at the facility.

Kuhlman said an Easter egg hunt is scheduled for noon April 19, and plans are in the works to host a dance troupe and a martial arts demonstration in conjunction with movies.

The theater is open every day. Tickets for any show are available up to seven days in advance at Anthony's Pizza in the base exchange mini-mall. The schedule appears weekly in the Jet 48, but Kuhlman urges moviegoers to call ahead of time, as schedules can change. The Movie Line is 226-2139 and includes the most up-to-date information.

See Page 26 for this week's theater schedules.



Photo by Senior Airman Jeff Hamm

Kathy Kuhlman, theater manager, rearranges posters advertising upcoming movies at the newly renovated Lakenheath Theater. The theater opened Thursday.

## RAFL, RAFM cooperate to house visiting Reservists

48TH FIGHTER WING PUBLIC AFFAIRS

STAFF REPORT

Vacant RAF Lakenheath base housing units are currently being used to lodge Air Force active-duty and Reserve members on temporary duty to RAF Mildenhall.

Due to the high number of people deployed, it has become necessary to find alternative means of housing. Transient personnel are currently being housed in the RAF Mildenhall gym, community center and an aircraft hangar.

"They had a need and we are providing assistance," said Col. Donald Palandech, 48th Mission Support Group commander. "This is a great example of our two bases coming together to solve a problem. We are two runways and one community."

According to Lt. Col. Joseph Ward, 48th MSG deputy commander, approximately 70 houses were identified and made available to temporarily house several hundred residents.

"The Air Force is all about taking care of people," Ward said. "Our goal is to provide the best possible accommodations for all personnel TDY to RAF Mildenhall and RAF Lakenheath."

Each house will accommodate approximately seven people and is equipped with a refrigerator, stove, washer and dryer.

Ward stressed that the move would not affect those families waiting to move into base housing.

"The houses have been vacant for several months. The base housing office will continue to offer homes to those on the waiting list," he said.

The homes will again be available for family occupancy June 1, when permanent changes of station typically become more frequent, Ward added.

As both RAF Lakenheath and RAF Mildenhall continue to see an influx of people TDY to both bases, and several hundred moving through in support of current operations, billeting space will continue to be limited, he said.



## Suspicious mail awareness can save lives

Recent world events have increased the potential for terrorists to utilize any means to bring harm to American citizens, including using the postal system to introduce explosives or potentially deadly poisons/biological agents to unknowing people. The following guidelines can be used by everyone to protect themselves and loved ones from suspicious packages or letter bombs.

### Identifying suspicious packages

- ☐ Are you familiar with the name and address of sender?
- ☐ Package or letter has no return address (British mail items do not normally have return addresses)
- ☐ Are you expecting a package or letter?
- ☐ Improper or incorrect title, address or spelling of name addressee
- ☐ Addressed to titles but no names
- ☐ Wrong title with name
- ☐ Handwritten or poorly typed address
- ☐ Misspelling of common words
- ☐ Return address and postmark are not from the same area
- ☐ Excessive postage
- ☐ Special handling instructions (special delivery, open by addressee only)
- ☐ Restrictive markings such as confidential or personal
- ☐ Over-wrapped, excessive securing materials such as masking tape or string
- ☐ Oddly shaped or unevenly weighted packages
- ☐ Lumpy or rigid envelopes
- ☐ Oily stains, discoloration, crystallization or unknown powder visible on the package or letter
- ☐ Protruding wires or tinfoil
- ☐ Visual distractions (drawings, unusual statements, hand drawn postage)

### If you encounter a suspicious package

- ☐ Remain calm.
- ☐ Don't shake or open the package. Carefully place the package in a safe location.
- ☐ Evacuate the immediate area and keep other personnel from entering.
- ☐ If on base, notify the 48th Security Forces Squadron at 911. Be prepared to give a detailed description to responding forces. If off base, notify the local British Police at 999 (please make an additional notification to the 48th SFS)
- ☐ If you come in contact with a liquid or powder of any kind, do not attempt to clean it up.
- ☐ Wash any exposed skin with soap and water. Remove exposed clothing and place in a plastic bag.
- ☐ Keep track of all personnel who were in the room or came in contact with the package. Do not let them leave.



### 50 years of news

On July 5, 1962, the Air Force approved the wing's emblem. The background of blue represents the sky, the primary theater of Air Force operations. Lady Liberty represents the wing, while the 13 stars refer to the original colonies. The red border indicates the bravery and valor by which our liberty has been won, and by which it will be maintained. On Nov. 21, 1994, the 48th Fighter Wing modified its emblem to fit modern criteria by changing the colors of the border and letters.

## Three airmen sentenced for drug use

Senior Airman Charnissa M. Sampson, 48th Aircraft Maintenance Squadron, pleaded guilty to seven specifications of violation of UCMJ Article 112a. The substances were cocaine, hashish and Ecstasy. Sampson was sentenced to a bad conduct discharge, confinement for 12 months, and a reduction in grade to E-1 during a March 5 court-martial.

Senior Airman Generoso Mantovani, 48th Security Forces Squadron, pleaded guilty to seven specifications of violation of UCMJ Article 112a. The substances were marijuana, hashish and Ecstasy. Mantovani was sentenced to a bad conduct discharge, confinement for six months, and a reduction in grade to E-1 during a March 6 court-martial.

Staff Sgt. Kelly C. Molins, 48th Security Forces Squadron, pleaded guilty to four specifications of violation of Article 112a, under the Uniform Code of Military Justice, "Wrongful uses and distribution of controlled substances." The substances were cocaine and Ecstasy. Molins was sentenced to a bad conduct discharge, confinement for eight months, forfeiture of all pay and allowances and a reduction in grade to E-1 during a March 11 court-martial.

These court-martials are the eighth, ninth and 10th in a continuation of disciplinary actions against several active-duty members from RAF Lakenheath who were suspected of using, possessing and distributing controlled substances.



**Hometown:** Fresno, Calif.

**Time in service:** Five years, eight months

**Time on station:** Seven months

**Role in mission:** Providing classified communication to base organizations

**Hobbies:** Snow skiing, water skiing and fishing

**Favorite movie:** "Tombstone"

**How do you contribute to the wing mission?** Ensure all classified AUTODIN messages reach intended base organizations

**What do you like best about the Air Force?** Being able to travel all over the world

**If you could change one thing about the Air Force, what would it be?** Get rid of FormFlow and find a different program to use for enlisted performance reports

**What do you like most about being**

**in the United Kingdom?** The fact that it's easy to travel from country to country

**What's the most exciting experience you've had in the Air Force?**

I attended a couple of World Cup soccer games while I was stationed in South Korea.

**Who is your role model and why?**

My father, because of the way he lives his life and because I can always count on him for help.



Staff Sgt.  
Jason Adkisson  
48th Communications  
Squadron

## Pilot dies in T-38 crash

RANDOLPH AIR FORCE BASE, Texas (AFPN) — An instructor pilot assigned to the 100th Flying Training Squadron was killed March 19 after his T-38 Talon crashed here at approximately 4 p.m.

The pilot, Maj. Pete Jahns, was pronounced dead at 4:52 p.m. at Brooke Army Medical Center.

The second pilot, Lt. Col. Frank Gebert, survived the crash, apparently with no significant injuries. As a precautionary measure, he was transported to Wilford Hall Medical Center at nearby Lackland Air Force Base for treatment and observation.

The aircraft was assigned to the 560th Flying Training Squadron and the pilots are from the 100th Flying Training Squadron. The 100th FTS is a reserve associate squadron which provides reserve-component instructor pilots to support the pilot instructor training program here. The pilots were conducting continuation training at the time of the crash.

This is the first fatality at Randolph since two pilots were killed in a T-38 crash on March 15, 1977.

## Coalition continues leaflet, radio campaign

OPERATION IRAQI FREEDOM (AFPN) — Aircrews dropped more than 2 million leaflets across Iraq on March 21 encouraging the surrender of Iraqi military forces and to minimize risk and harm to Iraqi civilians.

The leaflets were dropped as part of ongoing coalition air operations.

More than a million of the leaflets were dropped on Iraqi military forces encouraging them to surrender, to not use weapons of mass destruction and to leave oil wells intact. Leaflets dropped over population centers told Iraqi civilians that coalition forces are targeting the military. The leaflets encouraged civilians to stay at home and to listen to coalition radio broadcasts.

The leaflet drops and radio broadcasts are part of an information campaign that has been going on for months to support the disarmament of Iraq. Coalition forces have dropped more than 25 million leaflets since October. The objective of the campaign is to inform Iraqi citizens and soldiers how to achieve the disarmament and liberation of Iraq with minimum possible casualties, said officials.

## Know facts, member responsibilities prior to voluntary dependent CONUS return

BY MAJ. CATHERINE MCLOUD

USAFE ACCOUNTING AND FINANCE  
OPERATIONS

RAMSTEIN AIR BASE, Germany (USAFENS) — Because of increased military operations tempo, some deploying military members with dependents may decide to return them to the States for the duration of their deployment.

Although there is no entitlement for funded travel, members may do so at their own expense. However, there are certain consequences the military member should be aware of before deciding to send dependents stateside for an extended period of time.

Individuals living in military family housing should follow the proper procedures for extended absences from their on-base residence. These procedures are outlined with-in the Family Housing Management Air Force Instruction, AFI 32-6001. The AFI states that military members must not leave their home unoccupied for extended periods of time; normally defined as more than 30 days. Any member planning to be absent longer than this period of time should arrange for security and prudent care of their home.

Notifying the housing office, in writing, of the intended absence, can fulfill this responsibility. In addition, the military member should identify the name of the person designated to perform normal maintenance and have access to the member's home during their absence. The family housing occupant also has the responsibility of notifying the security police for patrol purposes.

Members who live on the economy should inform their landlord of the absence and ensure provisions have been made to pay rent and utilities in a timely manner. They also should ensure their landlord, or another responsible individual, has access to their home in case of an emergency. The member may also want to consider giving someone a special power of attorney to act in their stead in case of an emergency.

Base legal offices have programs in place to assist these individuals in obtaining powers of attorney and to provide counseling on taking care of their legal obligations with housing in the countries concerned.

Military members who choose to send all of their dependents back to the States for more than 30 days also have certain financial implications that should be considered. On day 31 of their dependents' departure, their Cost Of Living Allowance will be reduced to be the same as a member without dependents. Additionally, when one or more dependents return to the continental United States for a temporary period, the COLA entitlement starting on the 31st day is reduced to a rate based on the member's rank and the number of dependents remaining overseas.

While deploying military members have the option of sending their dependents, voluntarily, back to the states, it's important to know the implications and responsibilities tied to the decision. It's the member's responsibility to notify the Financial Services Office and Military Family Housing Office when dependents depart for an extended period of time. Failure to do so could have a negative impact on pay entitlements.



Photo by Master Sgt. Jon Nicolussi

### Keep 'em coming

MIHAIL KOGALNICEANU AIR BASE, Romania — Tech. Sgt. Reginald Hall, 48th Communications Squadron, unloads a pallet at Mihail Kogalniceanu Air Base, Romania, in support of Operation Enduring Freedom. The 458th Air Expeditionary Group is currently maintaining an airbridge at the base to transport supplies and people to the Central Command Area of Responsibility.





Photo by Maj. Francisco G. Hamm

Providing a taste of home, Defense Commissary Agency continues . . .

# Feeding the force

BY TECH. SGT. CLAUDETTE HUTCHINSON

48TH FIGHTER WING PUBLIC AFFAIRS

People often say being on a military base overseas is like being in "Little America." There's a bank, a department store, fast food restaurants, an American car dealer and a grocery store, better known as the commissary.

Few people can imagine an Air Force base without a commissary. That's because the commissary has been around since July 1, 1867, when Army post officials in the United States were

authorized to place an old table or makeshift counter in the subsistence warehouse to sell grocery items to soldiers.

"The commissary initially started out to provide products to the military force in the outpost and has evolved over the years to become the big business that it is today," said Charles S. Cannon, RAF Lakenheath Defense Commissary Agency store director.

Today, DeCA operates 278 stores in more than 1,800 locations worldwide, selling grocery items to military personnel, retirees and families.



Photo by Tech. Sgt. Claudette Hutchinson

Tech. Sgt. Gregory Henneman, 48th Fighter Wing historian, said as an airman he worked at the commissary as a subsistence operations specialist, when both military and civilian employees worked together under the Air Force Commissary System.

"We used to work in the warehouse, cut produce and provide the dining facilities with food. NCOs worked as managers and senior NCOs served as store managers. Our wartime mission included ordering and issuing food and (Meals, Ready to Eat) to dining halls. In 1994, the Air Force converted the military positions into civilian, and our wartime mission was absorbed by the services specialties," he said.

In 1991, to reduce costs and standardize operating procedures across the Department of Defense, DeCA replaced the Air Force Commissary Service.

The RAF Lakenheath Commissary is the second largest in Europe. It carries 8,000 line-item products, most from the United States, serves an average of 1,800 customers daily and employs 87 people.

"As long as there is a need, we are going to be here to provide the goods and services at the best possible prices," he said.

Lee Dozier, wife of Staff Sgt. Brian Dozier, 48th Security Forces Squadron, said although she enjoys shopping in the local supermarkets, she finds that she gets better value for her money at the commissary.

"I know the meats we get here are safe and 100-percent American (U.S. Department of Agriculture) approved. I think it is great to be able to buy our American foods we're accustomed to back home at such great value," she said.

One of the main challenges is to keep products delivered here to the commissary frequently and on time. Meats are trucked over from Ramstein Air Base, Germany, three times a week and are vacuum-packed for freshness, which extends the shelf life of the meats, said Cannon.

The dairy section is another area where freshness is essential, said Carol McCray a commissary dairy section worker for five years.

"Because dairy products have a short shelf life, there are strict standards that must be followed to ensure the best and freshest products are available to the customers," she said.

There are very strict demands on local contractors to

Rosalinda Martineau, wife of Tech. Sgt. Bruce Martineau, 48th Munitions Squadron, selects produce. The 48th Aerospace Medicine Squadron bioenvironmental office inspects every perishable food shipment that comes in. (Far left) Francis Fitzpatrick, RAF Lakenheath Commissary employee, displays the selection of meats available here. Meats are trucked over from Ramstein Air Base, Germany, three times a week and are vacuum-packed for freshness.

supply the best-quality fresh fruits and vegetables and dairy products. The 48th Aerospace Medicine Squadron bioenvironmental office inspects every perishable food shipment that comes in.

"We basically check the wholesomeness of the items, and ensure the contractors practice the required health and safety standards and to ensure that everything is from an approved source," said Staff Sgt. Pierre Guillet, 48th AMDS.

People want the freshest product that's available. Consequently, milk is ordered five times a week to guarantee freshness, said McCray.

Along with the benefits of having a great place to shop, the commissary also offers great employment opportunities for family members, said McCray.

"We are always looking to employ people. With deployments, we are always losing people," said Cannon.

According to Cannon, they are always striving to improve the RAF Lakenheath store, which is currently undergoing a \$15 million renovation project.

"Everything will be affected. The register computers were upgraded, the produce section will be expanded, bakery and deli sections will be consolidated, and a new pasta bar and dining-in area will be added," he explained. "It will be like a brand new store. It will be a lot of work, but the end-result will be worth it. Although we are not perfect, we are always striving to be the best."

Rosario Fox, wife of Tech. Sgt. Keith Fox, 48th Component Maintenance Squadron, said having a commissary is a great benefit, and they always strive to improve their service and facilities. She said she hopes to one day see a wider variety of local products available, but at the U.S. price value.

"We are here to support the quality of life for all our patrons, and want to continue to be a major part in the quality of life to servicemembers," said Cannon.

Customers who want to see certain new or inquire about discontinued products should fill out a customer comment card. The request will then be sent to Germany where a final decision will be made, said Cannon.

"Our business is selling food and bringing a bit of home to all our authorized patrons," Cannon said.



Photo by Tech. Sgt. Claudette Hutchinson  
Airman 1st Class Greg Allen, 48th Munitions Squadron, and his wife Marcia shop at the commissary. Every day, approximately 1,800 customers shop at the commissary





# Revitalizing New Year’s resolutions

BY MAJ. KAREN COX-DEAN  
HEALTH AND WELLNESS CENTER

Remember those New Year’s resolutions you made months ago? Well, old habits die hard, and by now several of us may have broken our resolutions.

For those who made resolutions and stuck with them, congratulations and good luck. For those who broke their goals or procrastinated in setting goals, here are the keys to making successful changes.

Set realistic goals and prepare a reasonable plan of action. You must have a plan to achieve your shiny new goal. When you make a vague statement to get fit or eat healthy, but don’t figure out exactly what you’re doing wrong

and how to change it, you are setting yourself up for failure. Rather than committing to changing every bad habit, pick one or two to focus on.

First, you need to set a specific, long-term goal like, “I want to lose 30 pounds by summer.” Next, write down all the obstacles to this goal – no time, not enough energy, not enough motivation – and figure out ways around those obstacles. In other words, figure out how to deal with life’s little interruptions before they happen. Deciding your strategy for getting past wellness obstacles ahead of time will increase your success rate. Now you’ve figured out what you want to do and how you’re going to fit it into your life, it’s time to get specific.

Here are a few suggestions:

**Begin an exercise program**

First, visit your physician if you have medical concerns. Then visit the Health and Wellness Center for exercise counseling and to receive an honest discussion of your exercise goals. Start slowly with something easy such as a yoga class or gentle walks around the block. Don’t worry, all movement is beneficial. Find a friend to join you and help you stay motivated.

**Follow your meal plan**

If you are having difficulty adhering to your meal plan, now is a good time to revisit your dietitian. Ask the dietitian to work with you to prepare something more realistic. Write down the particular times of the day that are tough for you. Are you often hungry mid-afternoon? Do you find that you enter your home ravenous following a day at the office? Be honest with your dietitian and prepare a meal plan that helps to make these times easier for you.

**Motivation**

If you just need to get motivated, make a list of personal rewards – (movies, small non-food gifts, etc.). When you stick to your meal and exercise plan for an entire week, reward yourself with a special well-deserved treat. Enlist a friend in your project. Does your neighbor wish that he or she would exercise more or stop snacking so often? Work as a team. When you both meet your goals, you both get your rewards. Good health is supposed to be its own reward, but knowing that a small present is waiting for you at the end of the week is nice.

Rather than chuck the idea of resolutions altogether, why not make a plan that will actually work? Visit the HAWC staff and let them assist you to your fitness, nutrition and relaxation goals.

## TRAINING 101

**Exercise**  
Modified Pilates roll up

**Muscles**  
Transverse abdominal, pelvic floor, erector spinae, intercosal lumborum, multifidus.

**Position**  
Start with knees bent, and feet and knees in line with the hip bones. Sit up as tall as you can and draw the shoulder

blades down and in. Engage the transverse abdominal and pelvic floor muscles approximately 30 percent.

**Movement**  
Start by tilting the pelvis as in Picture A, then release each vertebrae one at a time, keeping the tension in the TA and PF muscles. At the point you lose control of the movement (including more than 30 percent contraction), return to the starting position. Repeat.



Photos by Senior Airman Lynne Neveu

Lorraine Botwright is the base fitness program director. For more information about fitness activities and personal trainers, call 226-3607.



# TECHNOLOGY NEEDS PERSONAL TOUCH

BY MAJ. GARY BURG

492ND FIGHTER SQUADRON

Today's military and civilian society changed from when I entered the Air Force in 1978. That statement in itself is no surprise. However, taking a look at the smallest changes may surprise you. Society has become more technical, computers replaced typewriters, white boards replaced chalkboards, and the list goes on. With technology, we have changed too. We have become much lazier. Computers do most of the work our minds had to do in the past. We can find programs for almost everything: balancing your checkbook, doing your taxes, managing your suspenses. If you can envision it, you can find a program for it. Technology can do all your mental work for you.

Allowing technology to do our work may sound great, but as you look deeper into the issue, this process creates problems. We've seen some work areas become unable to supply customer service if their computers or the local area network are inoperative. Case in point: we've all been to offices only to find a sign on the door saying "computer/LAN is down" and the door is locked. What happened to the way we did things before the computer age? Every service/office should be able to provide assistance, even without the crutch of technology. Sure, an office may not have the answers you desire a keystroke away, but they should be able to manually obtain your data and process it when the system recovers. Even the old "snail mail" procedure still works.

This trend isn't limited to our services. Even in our modern jet aircraft, computers made our job easier. Flying has become more of an art in managing information and sensors than at any previous time. New information is continuously added to make the job even more complex, yet still strive toward the goal of better accuracy or efficiency. We are losing some of the basic skills we learned in years past and relying more on technology to do our work. Our "high-tech" aircraft are creating technology-dependent aircrews. When we lose a system, we start to lose some of our situational

awareness. It becomes difficult to revert back to basic navigational principles when you haven't practiced and honed these skills. Visual navigation has become a dying art because with systems like moving maps and night-vision goggles, we have the capability to technologically navigate, even at night. The old "ball and needle" were replaced with digital representation. Digital maps now point to our exact position; the art of flying is now becoming a process.

Yet no matter how advanced our society gets, we must fight the urge to totally depend on technology. We must maintain basic capabilities to obtain raw data and use our own computer – our brain – to process the information. This way of doing business applies to all professions. The broom may not work as well as the vacuum, but it still cleans. A manual travel voucher may not be as quick as in FAST, but the information is still obtained and processed. An Inertial Navigation System may not be as accurate as a Global Positioning System, but it still gets the jet where it needs to go. It may take a little more work and be a bit more mentally challenging, but the job still gets done and the process can actually be very rewarding.

Completing the mission or task at hand, no matter what the challenges are, should be everyone's goal. Warriors can't afford to become lazy, regardless of the job. Use technology to assist, but don't become over-dependent because it may fail you when you can least afford it. In every profession, you have a customer, and that customer is a person, not a computer. Remember your basic skills and never use technology (or the lack thereof) as an excuse to not perform to the best of your abilities.

Finally, this entire discussion can be rolled into basic pride in service. You should take pride in what you do. Don't let technology be a limiting factor to your customer service. You'll gain self-confidence and have increased job satisfaction if you can perform your duties under less than desirable circumstances. Knowing you are ultimately in control, not a computer or another piece of technology, is a very strong motivator to perform at your best level.

## Airmen, families critical to OPSEC success

BY CYNTHIA BAUER

AIR MOBILITY COMMAND PUBLIC AFFAIRS

SCOTT AIR FORCE BASE, ILL. (AFPN) — With our nation at war, operations security becomes a vital part of success in battle and force protection at home.

Defense Secretary Donald Rumsfeld during a nationally televised press conference on Iraq March 20, concluded his remarks with a strong reminder to those who have access to classified information.

"It's essential that everyone with access to classified operational details exercise discipline," said the secretary. "There is no excuse for anyone revealing sensitive information that will almost certainly put the lives of men and women in uniform at risk."

Although Rumsfeld pointed to classified information, there is another category of information called critical information that's also important to protect. It is that information about intentions, capabilities, operations or activities that could possibly give our adversaries an advantage. Such information may seem insignificant, but when pieced as a

puzzle with other bits of information, can reveal important details of ongoing or planned operations.

Capt. Allen Reeves, chief of defensive counter information with the 67th Information Warfare Flight here, said the vigilance of family members as well as airmen is necessary to prevent critical information from getting into enemy hands.

"The success of our military mission depends on secrecy and surprise," he said. "Secrecy and surprise helps us do our mission both more quickly and with less risk. Enemies of freedom want information, and they're not just targeting our airmen, they'll target our families, too."

Every Air Force family has pieces of information about the military mission. Members of the Air Force family must take care not to discuss information outside of their immediate family, Reeves said.

"Some bits of critical information could include detailed unit mission information, times and locations of deployments, and large numbers of personnel transactions including pay information, powers of attorneys and wills,"

he said. "References about unit morale or personnel problems or details about security also fall into the critical information category."

Reeves said where and how information is discussed is important, too.

"We all need to remember an adversary's agents tasked with collecting information frequently visit some of the same stores, clubs, recreational areas or even churches as we do," he said.

Reeves said agents can also easily collect data from cordless and cellular phones and even baby monitors using inexpensive receivers available from local electronics stores.

"Be alert, be careful! Spies are a reality. Our adversaries gain useful information through their agents. A foreign agent may use a variety of approaches to befriend a family and obtain sensitive information that can compromise operations and leave the door open for terrorism. If the person you are talking to shows excessive interest in the military affairs of your family member, notify your sponsor, the unit OPSEC program manager of the local Air Force Office of Special Investigations," advised Reeves.





# Discover Britain

By Sal Davidson – Community Relations Adviser



## U.K. Mother's Day is Sunday



celebration of Mother's Day in our two countries takes place at different times, and ours is in March. So, why the difference, especially as we celebrate the same Father's Day?

### History in Britain

Celebrating a mother figure is not a new idea, nor does it have totally Christian origins. The earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece in honour of Rhea, the Mother of the gods. Also, the Romans celebrated a spring festival dedicated to Cybele, their mother goddess.

When the Christians arrived in Britain to convert the Pagans, they allowed the celebrations to continue, but substituted Mary the mother of Christ.

### The feast

The feast associated with the celebration was known as Mothering Sunday and settled on the fourth Sunday in Lent. Because of its Lenten connection to Easter, it became a movable feast, like Easter.

Mothering Sunday was the day when people who worked in the service of others, usually in the large houses of the day, were given the day off by their masters and travelled back to their parents' homes with gifts for their mothers.

The gifts they brought were modest, but at the same time very special. Often wild flowers, such as violets or primroses, were gathered by people from the hedgerows while on their journey home. (Note: today, the gathering of wild flowers is illegal, and hefty fines are levied against perpetrators.)

One of a variety of gifts was chosen. They ranged from a lace handkerchief made by a daughter in her scant spare time, or a son might give a piece of carving or woodwork, such as a small chest or stool. In some parts of the country, a specially cured ham stuffed with herbs or parsley was given. The most universally popular gift though was a simnel cake, made from the finest flour, butter, eggs and spices the giver could afford after saving for the entire year. This cake was the one item for which dispensation to eat during Lenten fast was always given. It came as a welcome addition to a dreary diet in an age when food of the ordinary folk was far from exciting.

It was also a time to renew the connection with the church in which they were baptised – their Mother church. Special services were held for these returning "children." At the service, children would take posies of flowers to be blessed at the altar.

The custom of Mothering Sunday is referred to in the lines of Hesperides (1648):

*"T'le to thee a simnel bring  
'gainst thou go'st a mothering  
so that, when she blesseth thee  
half that blessing thou'lt shall give me."*



### History in the United States

Mother's Day was first suggested in 1872 by Julia Ward Howe as a day dedicated to peace. It wasn't until 1907 that a lady named Anna Jarvis of Philadelphia conceived the idea that one day in the year ought to be set aside for the special honouring of all mothers.

This idea came as she was remembering her own mother who she had lost. She arranged for a special service to be held in one of the local churches on the anniversary of her mother's death and asked all those attending to wear a white carnation. Within 12 months, she had succeeded in persuading the people of Philadelphia to adopt this new custom.

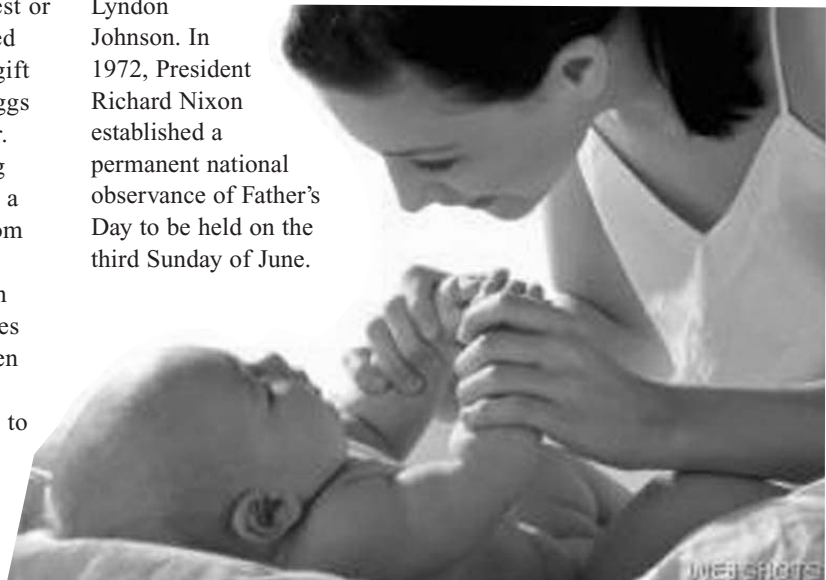
After a few more years of earnest hard work in their quest for a special day, she and her co-workers prevailed upon Congress to recognise it also.

In 1914, President Woodrow Wilson made the official announcement proclaiming Mother's Day a national holiday that was to be held each year on the second Sunday of May. The wearing of carnations are encouraged – red for living and white in memory of those who died.

### The History of Father's Day

The only historic reference I found relating to Father's Day was one from the United States. In 1909, Sonora Dodd of Spokane, Wash., thought of the idea of Father's Day. She had been raised by her father, William Smart, along with her five brothers and sisters after their mother died. It was her way of honouring her father and the sacrifices he had made as a single parent. His birthday was June 19, and this was the date she proposed. It took until 1966 for a proclamation that the third Sunday in June was declared as Father's Day by President Lyndon

Johnson. In 1972, President Richard Nixon established a permanent national observance of Father's Day to be held on the third Sunday of June.



Courtesy photo



## Briefs

### Mass ID issue

To implement secure methods of transmitting information across Department of Defense networks, new military identification cards will be issued to all DOD personnel. For dates and times of the mass issues, contact unit designated POCs or orderly rooms.

### Commissary notes

❑ The Gift of Groceries program allows anyone to purchase commissary gift certificates that can be donated to military families through charitable organizations or given directly to military friends and family who are authorized shoppers. The certificates may be used at any of the 280 commissaries worldwide. Certificates may be purchased by visiting the Web site [www.commissaries.com](http://www.commissaries.com).

❑ Guard and Reserve members who are not activated need a commissary privilege card and their military ID card to take advantage of their 24 shopping days at the commissary. Servicemembers should go to their local unit to get information concerning the CPC. For more information on Guard and Reserve shopping privileges, visit the Web site at [www.commissaries.com/guard\\_reserve](http://www.commissaries.com/guard_reserve).

### Services survey

The biennial PRISM survey is a random survey being distributed to assess services programs and facilities at Air Force installations. The responses from this survey help services squadron managers assess customer needs, increase activity participation and make business decisions. People who've received this survey should fill it out and return it in the envelope provided. For more information, call the 48th Services Squadron marketing representative

### Stars of Great Britain chapter

Stars of Great Britain Chapter 45 meets at 1 p.m. every second Saturday of the month at RAF Feltwell. The group offers Washington and Jurisdiction District Nine social events, charity fund-raisers, monthly brunches and a

study club.

### Self help store hours

The self help store opens 10 a.m. to 2 p.m. Saturdays from April 5 through Sept. 27. Spring flowers are available at 8 a.m. Fridays from April 4 to May 1, except April 18, for all military family housing occupants. Flowers are issued until all have been given. Services during the flower issues will be restricted to picking up bedding plants only and will return to full operations after the plant issue.

### Tax center

The 48th Fighter Wing tax center hours are 9 a.m. to 4 p.m. Mondays through Thursdays for walk-ins and drop-offs. Appointments can also be made. The preferred method for scheduling is by e-mailing [tax.center@lakenheath.af.mil](mailto:tax.center@lakenheath.af.mil) or calling 226-1805. If due a refund from the IRS, people until June 16 to file. People overseas get an automatic two-month extension. However, people who owe must file by April 15 to avoid paying penalties and interest.

## SPRING AHEAD

*Turn clocks ahead  
one hour Sunday  
at 2 a.m.*

### CDC, youth center hours

The child development center and youth center hours are now from 5:45 a.m. to 6:30 p.m.

### Volunteer instructors needed

The RAF Lakenheath American Red Cross is looking for adults to teach the healthy baby and pregnancy classes held monthly at ARC offices. Volunteers are trained by ARC staff.

### Airman's Attic

The Airman's Attic is open from 10 a.m. to 2 p.m. Mondays and Wednesdays, and 6 to 8 p.m. Thursdays for military members and their de-pendents. Do not leave items outside the building as this could be considered a security risk. Due to limited space, call before bringing any furniture items

### Down day cancelled

Due to real world events, Monday will not be a down day

### Clinic appointment line

Effective Tuesday, to schedule appointments at the pediatric clinic or access other clinic services, call the appointment line at 226-8010. The current clinic line, 226-8687, will no longer be available after this date.

### War gaming competition

The U.S. branch of the Royal Air Force War Gaming Association meets 6 to 11 p.m. on the second and fourth Wednesdays of every month at the Old Bull pub in Barton Mills. For more information, call Tech. Sgt. Curt Koenig at 226-9676 or e-mail [curt.koenig@btinternet.com](mailto:curt.koenig@btinternet.com).

### New commissary hours

Effective Sunday, the RAF Lakenheath Commissary opens 9 a.m. to 8 p.m. Sundays and 9 a.m. to 9 p.m. Mondays through Saturdays. Early Bird shopping will no longer be offered.

## Youth

### Summer employment

The 2003 Summerhire program runs from July 14 to Aug. 8. During this four-week program students work eight hours per day, 40 hours per week. Salary information will be available in April. Organizations may submit requests for students through today. Applications are accepted Tuesday to May 30. Students must be at least 14 years of age prior to July 14. For more information, call the program coordinator



Courtesy photo

### Breaking new ground

(From left) Lauren Smith, sixth grader; Ashley Erwin, student council president; Linda Curtis, Isles District superintendent; and Dr. Jannett Klinke, Lakenheath Middle School principal, break ground March 17 to kick off construction of a \$23 million middle school building. The facility will replace the 11 buildings students are currently in and is projected to be completed in 2005.



## MOVIES

### RAF Lakenheath 226-2139

#### Today

**6:30 p.m. Two Weeks Notice**, PG-13, starring Sandra Bullock and Hugh Grant. George doesn't make a move without Lucy, his chief counsel at Wade Corp. It's not the job that's getting to her, it's George. After five years of calling the shots, on everything from his clothes to his divorce settlements, Lucy is calling it quits. Is it ever too late to say "I love you"?

**9:30 p.m. Tears of the Sun**, R, starring Bruce Willis and Monica Bellucci. A team of Navy SEALs is sent into the jungle in the heart of Nigeria on a search-and-rescue mission for a doctor. Can a handful of U.S. soldiers get to their rendezvous point before the several hundred African soldiers on their tail get to them first?

#### Saturday

**3:30 p.m. The Wild Thornberry's Movie**, PG, animated. Eliza and Debbie are two sisters who don't always get along. But their relationship is put to the test when Debbie's life is in danger, and Eliza might have to give up her power to talk to animals.

**6:30 p.m. Catch Me If You Can**, PG-13, starring Leonardo DiCaprio and Tom Hanks. Frank lived a life of crime using his abilities of forgery and escape. FBI agent Shaye respected his abilities so much that he eventually worked out the deal that got him out of prison after just five years.

#### Sunday

**3:30 p.m. The Wild Thornberry's Movie**, PG

**6:30 p.m. Tears of the Sun**, R

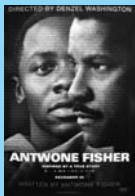
#### Monday

**6:30 p.m. Antwone Fisher**, PG-13, starring Derek Luke and Denzel Washington. Antwone is ordered to see a Navy psychiatrist to learn to control the anger impulses that cause him to fight with shipmates. His therapy inspires him to seek out the family that abandoned him as a child.

**Tuesday 6:30 p.m., Catch Me If You Can**, PG-13

**Wednesday 6:30 p.m., Tears Of The Sun**, R

**Thursday 6:30 p.m., Antwone Fisher**, PG-13



### RAF Mildenhall 238-2351

#### Today

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find that the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**9:30 p.m., The Hunted**, R, starring Tommy Lee Jones, Benicio Del Toro and Connie Nielsen. An FBI deep-woods tracker captures a trained assassin who has made a sport of hunting humans.

#### Saturday

**2:30 p.m., Lord of The Rings: The Two Towers**, PG-13, starring Elijah Wood and Sean Astin. The second in the Tolkien trilogy. Frodo the hobbit braves terrible dangers in an attempt to have the evil ring destroyed.

**6:30 p.m., National Security**, PG-13, starring Martin Lawrence and Steve Zahn. Earl and Hank have only one thing in common, they're both L.A.P.D. rejects. As lowly security guards, they uncover a sophisticated smuggling operation. These two unlikely partners just might save the day.

**9:00 p.m., The Hunted**, R

#### Sunday

**4:00 p.m., Treasure Planet**, PG, animated. Fifteen-year-old Jim Hawkins joins the crew of an intergalactic expedition as cabin boy aboard a glittering space galleon. Befriended by the ship's cook, a charismatic cyborg named John Silver, Jim blossoms under his guidance, and shows the makings of a fine "spacer" as he and the alien crew battle supernovas.

**6:30 p.m., The Hunted**, R

#### Monday

**6:30 p.m., National Security**, PG-13

#### Tuesday

**6:30 p.m., Adam Sandler's Eight Crazy Nights**, PG-13, animated.

Davey is lurching down a wayward path. He's facing prison when Whitey proposes that Davey work with him at the community center as a referee for the local basketball league. The true test is whether Davey can rise above his self-destructive habits.

#### Wednesday

**6:30 p.m., The Hunted**, R

#### Thursday

**6:30 p.m., The Hunted**, R



## Classes

### Family support center classes

The family support center offers the following classes this week:

#### Monday

11 a.m. – Mandatory pre-separation briefing

#### Tuesday

No classes offered.

#### Wednesday

9:30 a.m. – Questions and answers about living in Britain (Held at Beri Tree's Coffee-house)

1:30 p.m. – Job interviewing

6 p.m. – Bereavement support group

#### Thursday

10 a.m. – Now you're living in Britain

#### Friday

8:45 a.m. – Newcomers' bus tour

11:30 a.m. – Single parents' lunch bunch

## Events

### Bingo

Officers' and Civilians' Spouses' Club hosts Crystal Bingo at 6 p.m. Thursday at the Eagles' Landing ballroom. Cost is \$15 for members and \$20 for guests. Up to four additional bingo cards may be purchased for \$1 each for members and \$3 each for guests. Dress is smart-casual to semi-formal. To register, call Marianne Bayer at (01638) 711125 or e-mail s.bayer@BTopenworld.com before Tuesday.

### Air Force Assistance Fund

48th Fighter Wing goal — \$52,883

Amount collected as of Wednesday: \$22,666 (approx. 43 percent of the goal)

The Air Force Assistance Fund campaign is now through April 7. The AFAF and Combined Federal Campaign are the only on-the-job fund-raising drives authorized by the Air Force. There are two major differences between AFAF and CFC:

1) The CFC is composed of thousands of charities while the AFAF is composed of only four.

2) Every dollar raised for these four charities directly supports the military community (active-duty, Reserve, Guard, retirees, surviving spouses/families, etc.)

The four affiliated charities are the Air Force Aid Society, the Air Force Village Indigent Widows' Fund, the Air Force Enlisted Foundation and the General and Mrs. Curtis E. LeMay Foundation.

The charities listed above do not solicit support during the CFC and, therefore, rely heavily upon the AFAF drive for contributions.

All contributions are tax deductible by taxpayers who itemize deductions.

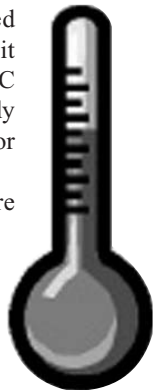


Photo by Tabby Casto

### Acting out

Lakenheath High School students Mike Kovacs and Pat Whitton perform a humorous skit during the LHS Drama Festival March 10 to 17. Students also interpreted prose and acted out dramatic skits during the festival.